

## BAPTIST URGENT CARE AND OCCUPATIONAL HEALTH

### BAPTIST URGENT CARE

Phone: 850.208.6130  
Now offering  
Baptist EasySchedule  
7 a.m. to 7 p.m.  
Open seven days a week

#### **Urgent Care Nine Mile**

9400 University Parkway, Suite 101  
Pensacola, FL 32514

#### **Urgent Care Airport**

5100 North 12th Ave., Suite 101  
Pensacola, FL 32504

### Occupational Health

7 a.m. to 5 p.m.  
Open Mon. through Fri.  
9400 University Parkway, Suite 401  
Pensacola, FL 32514  
  
Scheduled appointments preferred.  
Walk-ins welcome.  
850.208.6400  
occupationalhealthdept@bhcpns.org

### VISIT OUR WEBSITE:

BaptistMedicalGroup.org/  
baptist-occupational-health

iSystoc access available 24/7 from any  
secure computer for all your  
occupational health documentation

For more information on iSystoc and  
all of our corporate occupational  
health services, contact:

Lee.Irving@bhcpns.org  
850.723.8401

## A message from your provider...



Dr. Frank Francone, MD


### Flu Season:

October typically signals the start of influenza, or flu season, and Baptist Occupational Health is in full swing with flu vaccines. We are now offering onsite “flu clinics” to you and your employees, as well as offering the vaccine in the clinic. Being vaccinated against the flu is one of the easiest ways to protect yourself, your employees, and all family members from the influenza virus. A key pointer if you do start to feel sick is knowing the difference between the common cold and the flu.

# IS IT A COLD or THE FLU?

Knowing the difference between a cold and the flu can speed up recovery

COLD	SYMPTOMS	FLU
Rare	<b>Fever</b>	Usually present. Higher than 100° F is associated with the flu
Slight	<b>Chills</b>	Moderate to severe
Uncommon	<b>Headache</b>	Common
Slight	<b>Body Aches, Pain</b>	Usual; Often severe
Fairly mild	<b>Fatigue, Weakness</b>	Moderate to severe
Common	<b>Runny/Stuffy Nose</b>	Sometimes
Yes	<b>Sneezing</b>	No
Common	<b>Sore Throat</b>	Not common
Mild to moderate	<b>Chest Discomfort</b>	Often severe
Hacking, productive (mucus producing)	<b>Cough</b>	Non-productive (non-mucus producing)
Antihistamines, decongestants, pain relievers	<b>Treatment</b>	Antiviral medications — see your doctor
Wash your hands often with soap and water; Avoid close contact with anyone with a cold	<b>Prevention</b>	Wash your hands often with soap and water; Annual vaccination; Antiviral medications — see your doctor
Sinus infection, ear infection, asthma, bronchitis	<b>Complications</b>	Sinus infection, Bronchitis, Pneumonia; Can worsen chronic conditions; Can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children and pregnant women



Expect more in **FLU**

mooremedical  
Supporting Health & Care

Source: <http://www.cdc.gov/flu/about/flu.htm>  
Unless otherwise noted, the recommendations in this document were obtained from CDC. Do not use this information contained herein to intend to serve as a valid reference for informational purposes only and is not complete clinical information. This information is intended for use only by competent healthcare professionals exercising judgment in providing care. Moore cannot be held responsible for the continued currency of or for any errors or omissions in the information.  
Eligibility Requirements for Flu: This promotion is not open to the general public. Participation in the promotion is non-transferable and non-assignable. You do not have to be a current customer of purchase products from, or be affiliated with, Moore, in order to receive the sample and/or giveaway. Moore, in its sole discretion, may terminate this promotion at any time. You are not employed by or affiliated with Moore or any of its subsidiaries. Due to regulatory restrictions related to gifts and prizes, this promotion cannot be offered to health care providers licensed in Minnesota, Vermont or to government employees. ©2017 Moore Medical LLC. All rights reserved. #11124

## Services Provided

### Physical Examinations:

- Department of Transportation (DOT)
- Explosive handlers physical
- Fitness for duty/return to work
- Merchant mariner exams
- Respirator clearance exams
- Periodic surveillance exams
- Firefighter annual exams

### Injury Care Treatment:

- Workers' compensation initial visit
- Workers' compensation follow-up
- Blood borne pathogen exposure

### Substance Screening and Tests:

- Blood alcohol and breath alcohol
- Hair sample collection
- Urine drug screens
  - 5 and 10 panel instant and send out
- Saliva testing
- Random selection drug screening programs
- Medical review officer services

### OSHA Required Surveillance:

- Silica respirator exams
- Audiograms/hearing conservation
- Asbestos, benzene, cadmium, lead, mercury, pesticides

### Nursing Services:

- Back fitness assessment
- Electrocardiogram (EKG)
- Pulmonary function testing (PFT)
- Respirator fit testing, quantitative and qualitative
- Vision screenings
- Lift test/physical agility test
- Blood draws and titers
- Routine immunizations
- Travel immunizations
- Tuberculosis testing PPD and QuantiFERON® Gold

### Other ways to limit exposure to germs, viral or bacterial, include the following:

1. Wash you hands frequently, particularly after coughing or sneezing, touching surfaces, bathroom use, prior to food handling, and after being in high touch frequency places such as grocery stores and gas stations.
2. Avoid touching/rubbing the eyes, nose and mouth as germs can easily infiltrate the mucous membranes
3. Always cover your cough or sneeze, either into a disposable tissue if available, or your elbow.
4. Use soap and hot water to wash hands, or hand sanitizer that has an alcohol content of at least 60%. Hand washing/sanitizing should be done for at least 20 seconds (or the duration of singing Happy Birthday as another reference)
5. Continue to wear a mask in public spaces if you think you may be sick or have been exposed to someone who is sick.
6. Be aware that even if you take the precautions above, others may not, so protect yourself as best you can by....getting the flu vaccination!!!

### COVID-19 Update:

As we all know, COVID-19 continues to be a presence within the world on both a global and local level. Here in NW Florida, COVID-19 cases are slowly but definitely reducing and becoming less common. However, this does not mean we should necessarily return to Pre-COVID habits . It is critical that we know and follow the latest CDC and State of Florida guidelines and recommendations. This will help to ensure that as we gradually open up public places and loosen restrictions on restaurants and gathering places, that everyone is safe.



At Baptist Healthcare, we continue to protect our patients and staff daily in the interest of our community. All Baptist Team Members are still required to wear a mask while on any of the Baptist campuses, in the public spaces in the facilities, and in their personal offices. This also means that anyone who is coming to a Baptist facility will still be greeted at designated entrances by screeners. Screeners will continue to ask COVID related questions, take temperatures, and issue masks for those patients who do not have one. We are still limiting the amount of visitors in the facilities, and prefer that family members do not accompany patients to appointments unless it is a critical need for the patient. These safeguards help us ensure we are doing all we can to keep our community safe and healthy.

For more information on Baptist Occupational Health and Urgent Care services, contact: Lee Irving [lee.iring@bhcpns.org](mailto:lee.iring@bhcpns.org) Ph: 850.208.6424